

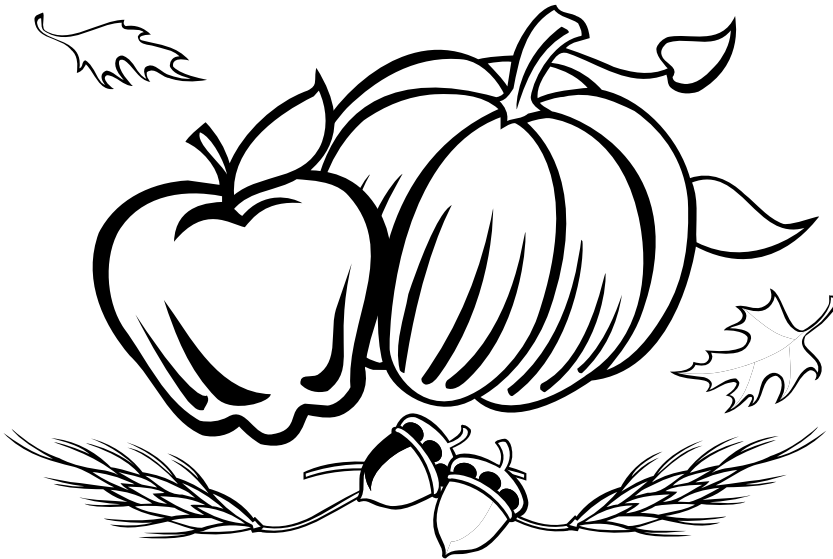


THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



# *Doyle Recreation Center*

8175 Regents Road • San Diego, CA. 92122 • (858) 581-7170 • [www.sandiego.gov](http://www.sandiego.gov)



# *Fall 2006 Program*

*Effective: September 2 - November 17, 2006*

## ***Welcome***

Volunteers and donations keep our programs going. If you want to donate a specific item or if you would prefer to donate a monetary amount, please contact Victoria at 858 552-1601. You can also call us if you would like to volunteer your time we are always looking for energetic, positive, individuals to provide their time to our facility.

### ***PHONE NUMBERS***

DOYLE PARK	581-7170
V. ELAINE BENDER	552-1601
STANDLEY PARK	552-1652
SWANSON POOL	552-1653
MASTER SPORTS	518-1315
SAY - AFTERSCHOOL	565-4148
UC LIBRARY	552-1655
THERAPUTIC SERVICES	(619) 525-8247
MESA SOCCER	558-MESA
UC LITTLE LEAGUE	646-9595
CO-ED & MEN'S SOFTBALL LEAGUES	453-6208
MEN'S BASKETBALL	552-1615
CITY ADULT SOFTBALL	(619) 584-4263
OUR WEBSITE	<a href="http://www.sandiego.gov/recenters">www.sandiego.gov/recenters</a>

Check it out !!!!!!!!!!!!!!!

***PROGRAMS AND FEES ARE SUBJECT TO  
CHANGE WITHOUT PRIOR NOTICE.***

### ***HOURS OF OPERATION\****

Monday	11:00 am - 6:00 pm
Tuesday	11:00 am - 7:00 pm
Wednesday/Thursday	11:00 am - 9:00 pm
Friday	12:30 pm - 6:30 pm
Saturday	9:00 am - 1:00 pm

### ***HOLIDAY CLOSURES***

September 4 and November 10, 2006

### ***PARK STAFF***

Area Manager	Stacy McKenzie
Center Director	V. Elaine Bender

### ***RECREATION LEADERS***

Juliette Suleiman, Patty Hume, Adele Saucedo,  
Phuc Tran, Tania Sanchez - Bosco

### ***GROUND'S MAINTENANCE***

Vincent Culverson , Miriam Romo,  
Tommy Salazar, Bill Stocks

# ADULT ACTIVITIES . . .

## ADULT FITNESS YOGA

An integration of yoga and core strengthening Pilates exercises to promote muscle tone, flexibility, posture improvement along with stress reduction & relaxation. Suitable for all levels.

Wednesday 5:45 pm - 6:45 pm

Tuition: \$75.00/10 lessons Starts September 14

Instructor: Darla Bergen

\*Cardio & Fitness Yoga can be combined for \$135.00/10 week session.

## ADULT YOGA

Instructor: Shelley Aanerud

Certified Ananda Yoga instructor & 500 hrs. RYT

Please arrive 5 minutes early for mat set-up.

**Do Not Eat** 2-4 hours before class and **BRING A TOWEL.**

### BEGINNING HATHA YOGA

Enjoy serenity! Reduce stress and tension. Increase strength, flexibility, balance and inner harmony. Appropriate for all fitness levels.

Saturday 10:30 am - 12:30 pm

\$175.00/10 lessons October 7 - December 16

No class Saturday, November 25, 2006

### INTERMEDIATE HATHA YOGA

This is a continuation of beginning Hatha yoga deepening your experience of flexibility, strength, awareness, joy & peace.

Breathing techniques & advanced poses added according to ability. Thursday 6:30 pm - 8:30 pm

\$175.00/10 lessons October 5 - December 14

No Class Thursday, November 23, 2006

## PHYSICAL FITNESS FOR OLDER ADULTS

Enjoy international music with exercise. Movement to music with an international flavor.

Tuesday (Beginners) 9:00 am - 10:30 am

Tuesday (Intermediate) 10:30 am - 12:00 noon

Instructor: Martha Awdziejewicz

## 55 + FITNESS CLASSES

An exercise workout for active women and men, using chair and standing calisthenics; weights, mat work and walk aerobics all to music.

Instructor: Maureen Stirling

Monday, Wednesday & Friday 9:00 am - 10:45 pm

## WEIGHT ROOM

Participants must be 18 years of age. Fees are \$5.00/day, \$10.00/month, \$40.00/six month. **ACTIVE MILITARY FREE WITH VALID ID.** You must wear shirts and shoes.

## INDIVIDUALS WITH SPECIAL NEEDS

All classes can accommodate persons with special needs. Therapeutic Recreation Services staff will provide additional assistance along with Doyle Recreation Center Contractual Staff. For further information, please inquire at the center office or contact Therapeutic Services at (619) 525-8247.

## ADULT CARDIO DANCE FITNESS\*

Fun stylized cardio routines designed for all levels along with core strengthening & muscle toning exercises & relaxing stretches for a complete body workout.

Monday & Thursday 5:45 pm - 6:45 pm

Tuition: \$95.00/20 lessons Starts September 11

Instructor: Darla Bergen

## ADULTS DANCE YOUR AGES OFF WITH PRIME TIME STEPPERS

Designed for the older adult who has always had the itch to perform. Learn musical theatre dance routines to favorite music. Prime Time Steppers performances in the area are optional.

Thursday 1:15 pm - 2:15 pm

Tuition: \$37.00/10 lessons Starts September 14

For more information, contact Instructor Char Schade (858) 268-0684.

## CREATIVE CARD CLASS

Artful cards for every occasion using rubber stamps, stencils, paper folding, embossing, pens, paint and new products.

Monday 10:00 am - 1:00 pm

Instructor: Marcia Reed.

**New!**

## JAPANESE BRUSH PAINTING (SUMI-E)

Japanese brush painting is one of the Zen arts that paves the way for self-realization through training of the mind & spirit. It is fun & simple to learn the basic steps. Make beautiful creations using rice paper and sumi ink. Starts September 12 Tuesday 12:00 noon - 3:00 pm

## SENIOR TRIPS TO VIEJAS

*Wednesday, October 11 and Tuesday, December 5, 2006*

- \$3.00 includes bus trip from Doyle.
- Check in at 9:45 am, bus leaves at 10:00 am.
- Arrives back at Doyle 5:00 pm.
- Sign-ups begin one month prior to each trip. Sign up early!
- Must have 35 signed up two days prior to departure.
- Bring your VIP card/number ... \$5.00 off buffet
- No refunds

## FREE CLASSES

Co-Sponsored By S.D. Community College (858) 221-6973  
Ongoing Programs - Open Enrollment

## OPEN PLAY VOLLEYBALL

Monday 6:00 pm - 9:00 pm

## OPEN PLAY BADMINTON

Saturday 9:30 am - 12:30 pm

# YOUTH ACTIVITIES . . .

## ART AND CRAFTS

INSTRUCTOR: Victoria Polyak, M.A. Visual Arts  
(\$5.00 material fee to instructor on first day.)

\$98.00/10 lessons

Starts September 13

### CARTOON DRAWING

Wednesday 1:00 pm - 2:00 pm 6 years & older

Join us for this fun and exciting workshop where you will learn the basics of developing cartoon characters. If you can draw a circle and an oval - we'll teach you the tricks of cartooning!

### DRAWING & PAINTING

Wednesday 2:15 pm - 3:15 pm 6 years & older

Class teaches different ways to paint and draw with watercolor, crayons, pastels, colored pencils, and other media. Students will create a portfolio of beautiful works of art to treasure.

### CLAY CREATIONS

Wednesday 3:30 pm - 4:30 pm 7 - 13 years old

Discover the joy of working with clay. Experimenting with this wonderful sculpting material, learn techniques of molding, shaping, & creating textures. Add finishing touches to clay creations by "dressing them up" with paint, sequins & glitter. Bring your imagination & sense of fun!!!

## KIDZ KAMP

Our best after school program!!! Starts Tuesday, September 5

Monday - Friday 2:10 pm - 6:00 pm

Wednesday 11:55 am - 6:00 pm

Weekly/\$75.00 Daily/\$15.00 Wednesday/\$20.00

Includes pick up at Doyle Elementary School, homework time, snack, various supervised games, crafts, movies and many more activities. If you have any questions (858) 452-3866. Payments must be received prior to attending.

INSTRUCTOR: J. Chou, J. Suleiman

## CREATIVE PLAY & DRAMA

**PLAY** Stories, songs & socializing using rhythm sticks, puppets and crafts. Come join the fun!!!

Wednesday 11:00 am - 11:45 am 2 - 4 years

\$75.00/8 lessons Starts September 13

**DRAMA** Learn about theater & stage techniques through games & improvisation. Simple production at end of session

Wednesday 12:00 noon - 12:45 pm 6 - 8 years

\$80.00/8 lessons Starts September 13

INSTRUCTOR: P. Hume; M.F.A. Theater Arts

## KARATE

This class introduces a self-defense method designed specifically for children and a fitness program that will address any and all physical ability. We will occasionally be utilizing jump ropes, Versa-Tubes, Versa-Steps, Corballs, etc. Parents are encouraged to attend orientation of the first day of class.

Thursday 4:15 pm - 5:30 pm

5 - 15 years old \$100.00/10 lessons

Starts September 14

Instructor: Master J. Somera,

Black Belt - 9th Degree - 45 years experience



## BALLET

Wednesday \$100.00/10 lessons

Starts September 13

### PRE-BALLET

2:00 pm - 2:45 pm 4 - 5 years old

Introduction to ballet encompassing awareness of music; the language of ballet; pantomime; following directions; & body discipline based on the principle of ballet.

### BALLET A

2:45 pm - 3:30 pm 6 years old & up

This class has the same structure as PRE-BALLET class, but more focused & less playful. Introducing Laganov techniques of visualization and focusing.

**BALLET A (Advanced)** 3:30 pm - 4:30 pm 6 years old & up

This class is by appointment only. Students are introduced to the techniques needed to advance to the next level, BALLET I.

### BALLET I

Tuesday 4:00 pm - 5:45 pm

Youth - Adult \$100.00/10 lessons Starts September 12

(Beginning barre for youth. Beginning class for adults) This is the next level from Ballet A (Advanced). The participants begin to work at the ballet barre and apply knowledge from previous level.

THIS CLASS IS BY APPOINTMENT ONLY. Please contact instructor at (858) 453-3940 for more information.

### BALLET II

Monday 4:00 pm - 5:45 pm

Teens/Adults \$100.00/10 lessons Starts September 11

This is the next level from Ballet I. Intermediate class designed to give a solid foundation in ballet technique. Awareness of music, utilization of concepts from the Lozanov method of focusing and visualization.

### BALLET POINTE

Wednesday 4:30 pm - 5:45 pm

Teens/Adults \$100.00/10 lessons Starts September 13

Enrollment in Ballet II is a prerequisite to this class.

Beginning and Intermediate by appointment.

## CITY OF SAN DIEGO DANCE PROGRAM

Participants register directly with instructor, call (619) 525-8258.

September 29, 2006 - January 20, 2007

\$35.00/semester

Pre-Tap Dance 2:30 pm Jazz Dance 1 4:00 pm

Tap Dance 1 3:15 pm Jazz Dance 2 4:45 pm

Tap 2 5:30 pm Register Friday, September 22

## BELLY DANCING

**BEGINNING (Introduction)** - Students learn basic movements while building strength, flexibility, stamina and grace.

Beginning I Thursday 5:50 pm - 6:45 pm

\$70.00/10 lessons Starts September 14

**ADVANCED** - Students learn intermediate/advanced movements, improve their technique and learn performance skills.

Beginning II Thursday 6:50 pm - 7:45 pm

\$80.00/10 lessons Starts September 14

Advanced Thursday 7:50 pm - 8:45 pm

\$80.00/10 lessons Starts September 14

Contact Instructor Rebecca Nishimura at:

(858) 336-8886.



## TINY TOTS

These classes offer young children an opportunity to play games, do art projects, learn their ABC's, learn other languages such as Spanish. Make new friends through socialization. Please bring small lunch and wear sunscreen daily. A glue stick and box of wipes should be dropped off the first day of class. **CHILD MUST BE POTTY-TRAINED.** Date of birth verification required for all new students.

\$450.00/5 weeks

Session I September 11 - October 12

Session II October 16 - November 16

Monday - Thursday 9:00 am - 2:00 pm

Ages 3 - 5

Instructors: Adele Saucedo, Celia Garcia, Anette Suleiman



## MASTER SPORTS

www.MASTERyourSPORTS.com

(858) 518-1315



### CO-ED BASKETBALL CAMP

Basketball classes focus on improving the fundamentals of class participants by teaching new skills. Some topics covered include: dribbling, lay-ups, rules of the game, passing, shooting, individual and team defense & offense, moving with out the ball, fast break offense, setting screens and sportsmanship. Scrimmages usually held the last 15 minutes of class. All Participants receive official Master Sports Basketball and T-Shirt.

Monday Minimum 4 - Maximum 20

Kindergarten - 2nd Grade 2:45 pm - 3:45 pm

Grades 3 - 6 3:45 pm - 4:45 pm

\$85.00/8 lessons September 25 - November 13

Instructor: Coach Steve Smith

### CO-ED SOCCER SKILLS CAMP

Improve ball handling, goal scoring, passing & more. Improve motor skills, strength & conditioning & awareness of play on the field. Formatted with games & drills perfect for all levels of play from beginner to experienced players. All Participants receive official Master Sports Soccer ball and T-Shirt.

Wednesday Minimum 4 - Maximum 20

4 - 5 years old 1:00 pm - 1:50 pm

6 - 10 years old 2:00 pm - 3:00 pm

\$85.00/8 lessons September 27 - November 15

Instructor: Coach Paolo Benitez

### JUNIOR SPORTS CAMP

Our coaching philosophy is to give each participant a foundation in soccer, basketball, tee-ball, flag football & track by incorporating rules of the sport into modified games appropriate for each age group. We will capture their imagination while improving coordination & strength. All Participants receive an official Master Sports Bat/Ball and T-Shirt.

Wednesday Minimum 4 - Maximum 20

3 - 4 years old 3:00 pm - 3:50 pm

5 - 6 years old 4:00 pm - 4:50 pm

\$85.00/8 lessons September 27 - November 15

Instructor: Coach Paolo Benitez



## REGISTRATION

### FALL

Pre-Registration: Date Time

Returning Student: Saturday, August 26, 2006 9:30 am

New Student: Saturday, September 2, 2006 9:30 am

Classes begin the week of September 11, 2006 and run for ten weeks ending November 17, 2006. Please note Kidz Kamp will begin Tuesday, September 5th and will follow the regular school schedule.

### WINTER

Pre-Registration: Date Time

Returning Student: Saturday, November 4, 2006 9:30 am

New Student: Saturday, December 15, 2006 9:30 am

Classes begin the week of November 20, 2006 and run for ten weeks ending December 15, 2006.

A parent or legal guardian can register participants under the age of 18 years old. All participants must present proof of payment to the instructor on the first day of class. No registration can be taken or refunds issued after the second week. Please register early as classes fill up or are canceled due to lack of enrollment.

## ATTENTION

ALL FEES MUST BE PAID IN FULL PRIOR TO TAKING THE CLASS. Make checks payable to Doyle Park or payment in exact cash. There will be a \$25.00 service charge on all returned checks. A \$20.00 service fee will be charged for refunds. Classes not meeting the minimum number of students may be cancelled.



## DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Gary Stromberg, Deputy Director CPI Division, (619) 221-8910.

## VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 685-1324.

## RECREATION COUNCIL

The Doyle Recreation Council meets the fourth Tuesday of the month. Everyone is welcome, we need your input. Call the Center Director at (858) 552-1601 for more details!

## RECYCLING BINS

(North end of parking lot) all recyclables.  
The proceeds go towards programming  
& hours of operation.

